

THE HOUSEHOLD.

SEND FOR THE DOCTOR.

Very often the doctor, if called upon the first intimation of a cold, or the first inroad of an illness, is able to prevent the trouble from becoming seated. We, who belong to the laity, cannot discern as the professional man, with his quick insight and trained skill, the initial signs of disease. Even the mother, accustomed to taking care of her children when they are "under the weather," may not invariably attach the requisite importance to a symptom which may mean nothing dangerous, but which, on the other hand, may be a warning or a menace. Many attacks of illness begin with a slight chill and nausea. An overloaded stomach, or a check of perspiration may have caused either, but send for the doctor, and do not take risks, which you may regret when it is too late.

A little fellow complained of feeling ill one Sunday, just as the family were preparing for church. There did not appear to be much amiss, but the mother remained at home, and the father left a call for the physician on his way to service. The boy lay in bed, entertained by a book which his mother read to him, and when the good doctor arrived, he was ushered into the sick chamber with a word of apology. Nevertheless, the little man, though his parents did not suspect it when they sent for their good advisor, was already in great peril, and went almost to death's door before he rallied. The timely putting to bed, and the early sending for the doctor, providentially speaking, saved his life.

Many a slight cold, neglected, becomes pneumonia. Many a tired woman, not yet ill, but simply tired, is on the way to be ill, and the doctor can speak with authority in her case, as no other person can. Give him a chance.

In these days your family physician does not always give you drugs. Rest, food, fresh air, sleep, travel, change of employment, judicious exercise, are among his prescriptions. But he cannot help you unless you send for him.—*Christian Intelligencer.*

A NEEDED REFORM.

Mrs. Curtis ran into the next door neighbor's one evening, and found her usually bright friend in no very good humor. In answer to a sally regarding her mood, Mrs. Gladdis said: "Yes, I am out of patience most completely. This afternoon on going to the door to answer the bell I found Mrs. Cox and Mabel. Almost before I recognized them, I saw to my consternation, clutched in Mabel's chubby hand, my cherished Martha Washington geranium, which I had worked so hard to make bloom, and which I only set out this morning on the porch with the other plants. As my glance rested on the flower, Mrs. Cox remarked: "Mabel is so fond of flowers that I hate to deny her."

"I said nothing, being too indignant to say anything pleasant; for what right had she to let the child pluck my flowers? and she had not only taken the blossoms, but the entire top of the plant.

"Mrs. Cox had brought her work and come to spend the afternoon. Soon Mabel asked for something to eat, and being out of cake I gave her some bread and butter. She wandered about the rooms, dropping crumbs here and there, getting butter on her fingers and then fingering the furniture; but not one word of reproof did her mother utter, and I did not dare to, she is so easily offended.

"Finally, after having eaten all she wanted, Mabel amused herself by crumbling the remainder of the bread and pressing and patting it into the seat of my best plush chair. I remonstrated then, but the mother only said: "Why, Mabel!" and calmly went on with her embroidery. Although I spent a full hour after they were gone in cleaning up, I have not taken all her greasy finger marks off things.

"When Ralph came home from school, Mabel caught sight of his book satchel, and cried till her mother gave it to her. In dragging it about, she managed to pull one handle loose.

"After playing with shovel and tongs she left them on my new white fur rug, leaving sooty marks on it; and being attracted by

my books, took one of the choicest volumes in her dirty hands, and did not put it up till one of the engravings was badly torn and the book filled with finger-marks.

"I tell you it makes me fairly savage to think about these things," added Mrs. Gladdis, "for Mrs. Cox is not the only mother who is so careless.

"Not long ago Mrs. Hineman brought her two boys to spend the afternoon. They moved my best chairs in line to play 'cars,' then climbed over them in a shocking way. When they were gone I took an inventory of damages, and found a number of scratches on the woodwork, the ornaments on the headrest completely ruined, a delicate scarf, the present of a dear friend, so badly torn that I fear it cannot be repaired, and I might give many other instances just as bad.

"The children are not the only troublesome guests I have," continued Mrs. Gladdis.

"You know friends came from a distance to spend a week with us this summer. After they were gone it took me days to get the house in order. Books, papers, magazines, and many other articles had been carried to all parts of the house, and not one thing ever returned to its proper place. One choice volume of poems was even left out of doors over night, and a rain coming up was completely ruined.

"When Miss Clayton was here, not once in two weeks did she come to breakfast on time, and when we were invited to Mrs. Hart's to tea, it took her so long to dress that we were a full half hour late.

"When Mr. Ambrose was here last winter he would sift the ashes from his cigar on the cover of the library table, and forgetting to remove his rubbers after being out in the snow and slush, track hall and parlor carpets.

"But there!" laughed Mrs. Gladdis, "I know you'll think I'm wound up and can't stop. I would not have afflicted you with such "a tale of woe" were it not that we read so much about our duty to our guests; and I want you to use your pen in our behalf. Have not our guests some duty toward us?"

Remembering the old adage, "A word to the wise is sufficient," it occurred to me that perhaps the best way would be to repeat Mrs. Gladdis' "tale of woe"—*Clara Sensibaugh Everts, in Housekeeper.*

HOW TO MAKE BEANS DELICIOUS.

The process of baking beans is very simple, and yet it requires a great deal of explanation to any one who is not a New-Englander. In the first place, you must have a bean pot of earthen-ware (like common flower-pots), glazed inside, and having a comparatively small neck or mouth. For a quart of dry beans you need a three-quart bean pot. Pick over, and wash thoroughly in cold water a quart of dry beans. The pea bean is best, but not the California pea bean, which is tasteless. Drain the beans, and put them into the bean pot with half a pound of well-mixed salt pork, gashed, the gashed surface a little above the beans in which the pork is imbedded. Put in cold water enough to more than cover them, having the bean pot about two-thirds full.

If the pork is not very lean, it is a good plan to add a teaspoonful of salt, also one of sugar. Some add a teaspoonful of ground mustard and use molasses instead of sugar; but the latter I would not recommend. Some like a small onion baked with the beans, but this is not agreeable to an old-fashioned New England housekeeper.

Put the beans into the oven in the early forenoon, and bake them eight or ten hours in a moderately hot oven, adding hot water from time to time. Above all things, do not let them cook dry. Some like more pork, but I think the above is about right. Use cold water at the beginning and the beans will keep whole. Let the pork get nicely browned and crispy.

This rule is for new beans. If the beans are old and very dry, they should be soaked over night, or parboiled till the outer skins crack. Then proceed as above. It is useless to try to have baked beans unless you have the right kind of a bean pot. Tomato catsup or piccalilli goes well with beans.—*Mary T. Loughlin.*

KITCHEN NOTES.

BY MARY FERGUSON.

It should be one of the 'by-laws' of kitchen government that the vessels used for the reception of refuse and garbage should be most scrupulously and constantly looked after. Persons who are otherwise neat not infrequently overlook this important duty. It is not, of course, necessary to keep them clean for the sake of the garbage, but it is most important to keep them thoroughly cleaned for the sake of the family health; if they are allowed to become foul they are certain to become pestilential. A few moments daily, devoted to the application of a solution of lye or sal-soda to these vessels, may save physical degeneration, severe illness, or perhaps long years of desolation from the loss of loved ones by premature death. A little whisk broom should be kept for the purpose of cleansing the pails or tubs used for garbage, and every portion should be scrubbed with this disinfecting solution, then the vessel should be thoroughly rinsed and set in the sun and air to dry and purify.

By keeping an oyster shell in the tea-kettle, the sometime gathering of 'crust' in the inside of the kettle is avoided; and by placing oyster shells on the top of the hot coals in the range, it will be found that as they burn away, they bear with them any clinkers which may have formed or attached themselves to the fire-bricks.

It is of interest to the careful, thrifty housewife to know that earthenware, which is to be used for baking or cooking, may be tempered by placing the articles in cold water, with some protecting articles or substance between them and the bottom of the vessel containing the water, and allowing the water to come to a boil about them. They are then removed from the fire, but not from the water, in which they are left standing until it has again become cold.

Glassware may be successfully treated in the same way. Lamp chimneys subjected to this process lose their tendency to excessive brittleness.

Charcoal is known to possess strong purifying qualities, and it is said that by placing a good sized piece of it in the refrigerator, renewing it every week, it will aid in keeping that useful article in a sweet and wholesome condition.

Children always love to 'paste,' and the housekeeper will often find it convenient for herself, as well as a means of conferring joy on her little ones, to have a jar of paste always on hand and ready for use. I find among my papers directions for making a paste, which I will transcribe:

"Dissolve a dessertspoonful of alum in two quarts of tepid water. Put the water in a tin pail that will hold six or eight quarts, as the flour will expand greatly when boiling. When the tepid water has cooled, stir into it good wheat or rye flour, until it is of the consistency of cream, being careful that none of the flour remains in lumps. Then place over the fire a kettle partly filled with water, and set the tin pail containing the paste material in it, having first put beneath it some nails or pebbles so there may be no danger of the paste's scorching. Add to the paste material a teaspoonful of powdered resin, a few cloves, as flavoring, and let it cook until it becomes as thick as mush. Put in a tight jar, and it will keep a long time. It can be softened if necessary, when a portion is taken out for use, by adding a little warm water.

It is possible, it is claimed, to get rid of ants, roaches and other pantry pests by washing the places they haunt with copperas water, and then sprinkling copperas in every chink and crevice. A writer in the *Scientific American*, some time ago, claimed that he had been able to rid his premises of undesirable tenants by making white-wash yellow with copperas and covering the stones and rafters in the cellar with the compound. He put, he said, crystals of copperas in every crevice into, or from, which a rat might go or come, and scattered them about the corners of the room, and was rewarded by the disappearance of rats and mice, which not only went away but stayed away. Each spring he had his cellar treated in this way, not alone because it secured immunity from the presence and depredations of rats and mice, but because it also served as a disinfectant and purifier for the whole house.—*New York Observer.*

PARENTS SHOULD TAKE HEED.

We have been constrained on many occasions to call the attention of parents to the indifference and almost criminal neglect which many manifest concerning the kind of reading which occupies the attention of their children. In a majority of families the youthful members are left without direction or scrutiny in this most important and influential matter. Instead of putting into their hands the unobjectionable book, the standard magazine, and the clean newspaper, the children are incited by evil companions to read excitable, idle and wholly poisonous stories. It is a striking confirmation and commentary upon this fact that William A. Pinkerton, in writing of 'Highwaymen of the Railway,' in the November *North American Review*, says:—

"One of the reasons for the recent epidemic of train robberies may be found in the general business depression. It is, however, also largely due, in my opinion, to the reading of yellow-covered novels. Country lads get their minds inflamed with this class of literature. Professional thieves or designing men find among this class many who are willing to go into their schemes. The majority of these robbers are recruited from among the grown boys or young men of small country towns. They start in as amateurs under an experienced leader. They become infatuated with the work, and never give it up until arrested or killed. I recollect a case where three boys, aged respectively seventeen, twenty-one and twenty-six, 'held up' a train near Emmett, Ark., in 1882, and took from the Pacific Express about \$9,000 and from the passengers about \$1,500. The conductor of the train ran one of them down and brought him back, the other two escaped, but were eventually arrested in the Indian Territory. They were convicted and sentenced to seventy years each in State's prison. One of these was a mere lad, who had seen a railway train for the first time to 'hold it up.'"

RECIPES.

FOOD FOR INVALIDS.—Fresh boiled rice, with the juice of roast beef or mutton, and served on a piece of toast is nice.

SOUR CREAM MUFFINS.—One cupful of sour cream, one egg well beaten, half a teaspoonful of soda, half a teaspoonful of salt, flour to make a stiff batter that will drop from the spoon. Half fill well buttered muffin rings and bake quickly.

APPLE JOHNNY CAKE.—Two cupfuls of Indian meal, two tablespoonfuls of salt, a heaping teaspoonful of baking powder, milk to mix quite soft, three tart apples, pared, cored and sliced. Bake in a shallow oblong tin about half an hour.

SOFT GINGER BREAD.—Half a cup of sugar, a cup and a half of molasses, two eggs, butter the size of an egg, a teacup of sour milk or of sweet milk, a teaspoonful of baking powder sifted with the flour, cloves and ginger to taste, and flour to make rather a stiff batter.

POTATO SALAD.—Peel the potatoes as soon as done, slice them thin, and mix with them, for every quart of potato, a piece of butter the size of an egg, two tablespoonfuls of vinegar, an apple chopped fine, and a small onion. Use chopped herbs for seasoning if you like. Serve cold.

CORN OMELET.—Strain through a meat squeezer a pint of grated corn. To the clear pulp thus obtained add six well-beaten eggs, a teacup of milk, seasoning to taste. Pour into a buttered frying pan and cook very slowly, finishing it in a warm oven till the egg is just done. This is delicious.

POTATO SOUFFLE.—Put one cup of mashed potato in a saucepan over the fire. Have ready the yolk of one egg beaten light, a large tablespoonful of cream, a teaspoonful of butter. Add these to the potato, stirring until smooth and light, whisk in the white of an egg beaten stiff. Put the mixture in a buttered pudding-dish and bake ten minutes.

JELLIED APPLES.—Butter a pudding dish and fill it with tart apples pared, quartered and cored, sprinkling a bit of cinnamon or other flavoring among them. Pour over a teacupful of cold water and one of sugar, cover closely with a plate, set the dish into a large vessel of hot water and cook in the oven three hours. When cold it can be turned out in a jellied mass. Serve as above or with any cold sauce preferred.

GRAHAM PUDDING.—Mix together two cupfuls of graham flour, one of milk, one of chopped raisins, a cupful of molasses and one egg beaten light, a teaspoonful of salt, and one of soda, dissolved in a little water. Pour into the pudding pan, allowing plenty of room to rise. Cover tightly and boil three hours, adding boiling water as the water around the pudding dish wastes. Serve with any kind of sweet sauce.

BEST FRIED OYSTERS.—You must dry the oyster so far if possible before you put it on to fry. The best coating ingredient is fine sifted corn meal. Put plenty of lard in a deep kettle to heat. When it boils and bubbles and fizzes, mop your oysters in lightly, or lay them in with a skimmer. They should brown all over almost immediately, first plumping out in a wonderful fashion. The meal also cooks at once, whereas flour and eggs do not. Now to finish your work, serve them as quickly as you can on a piping hot dish, with parsley crisped in cold water around, add slices of lemon as a garnish. You must sift salt and pepper to taste with the corn meal.